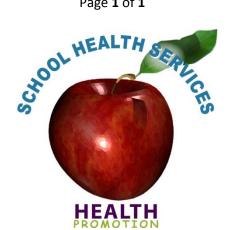
School Health Promotion Morning Announcements

APRIL: Spring into Fresh Fruits & Veggies!



Quiz:

[Start speaking here.]

- 1. Which type of fruits and vegetables taste the best?
 - A. From a can
 - B. From the freezer
 - C. Directly from the farm or garden

Answer: C. That was an easy one!

- 2. How much of your plate should be filled with fruits or vegetables at each meal?
 - A. The whole plate
 - B. Half the plate
 - C. A small slice of the plate

Answer: B. Doctors say that half of your plate should be filled with fruits and vegetables.

- 3. How many servings of fruits and vegetables should you eat each day?
 - A. 2
 - B. 5
 - C. 25

Answer: B. Try to get 5 servings of fruits and vegetables every day.

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